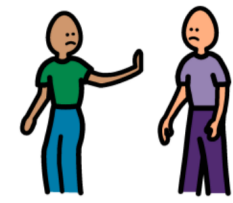
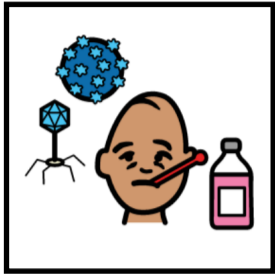


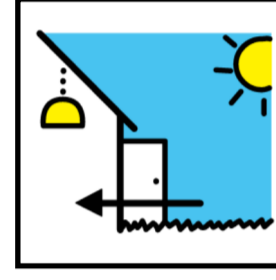
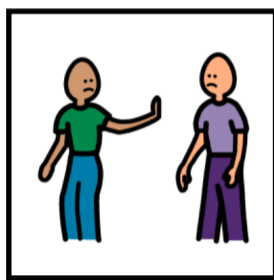
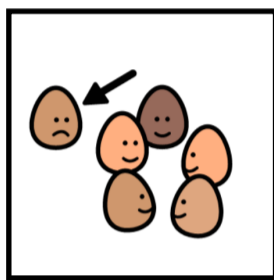
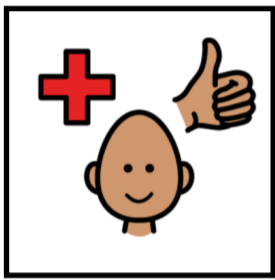
Social Distancing



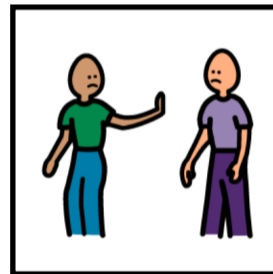
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Coronavirus is making a lot of people sick.



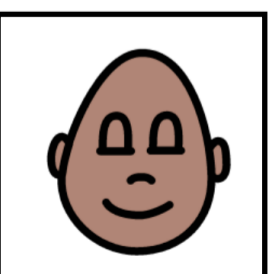
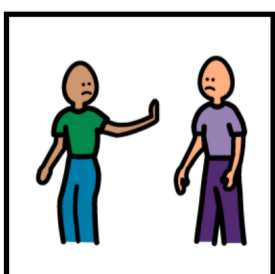
One thing we can do to stay healthy and safe is practice social distancing. Social distancing means staying at home with your family and avoiding other people.



Some places we like to go like the mall, movie theater, or store may be closed. We cannot go over to our friends' houses right now. We need to stay away from other people.



When we stay home, we get less germs. We are less likely to get sick.

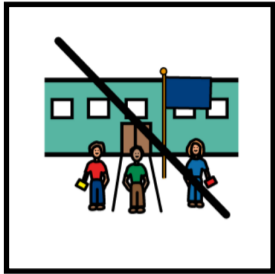


Social distancing is hard but it won't last forever. Soon we will be able to see our friends again.

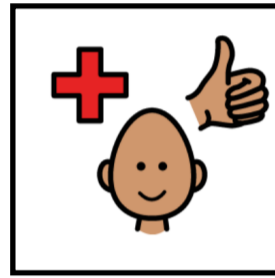
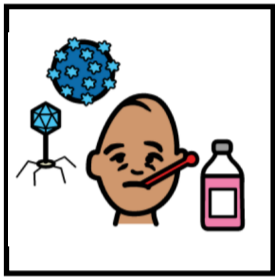
Schools Are Closed



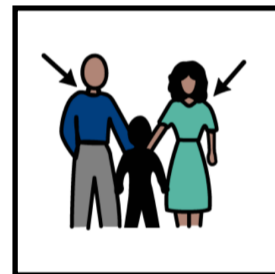
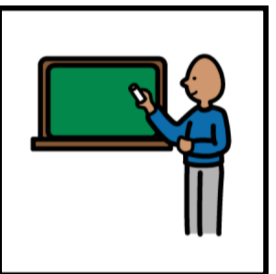
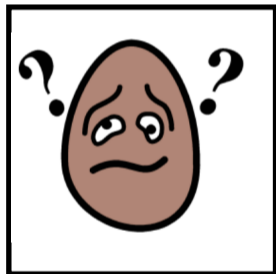
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Right now, my school is closed.



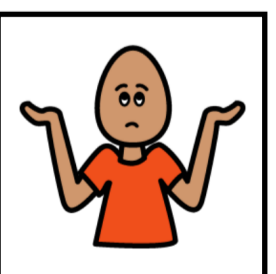
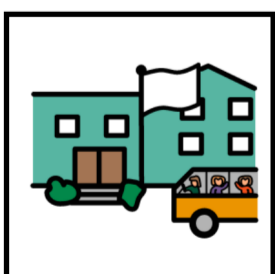
Coronavirus is making a lot of people sick. We need to stay home so we can stay safe and healthy.



I may feel frustrated or confused that my school is closed. I miss my teacher and my friends. I can take a deep breath. I can ask my mom or dad for help.



My mom and dad will set up things for me to do at home. Some days, I may do some school work at home.

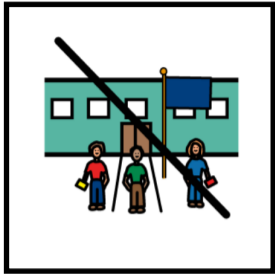


Soon we will go back to school. We don't know what day. But we know we will go back.

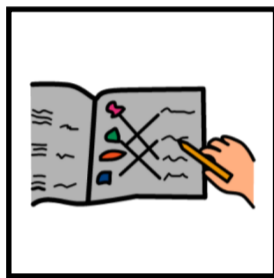
Schoolwork at Home



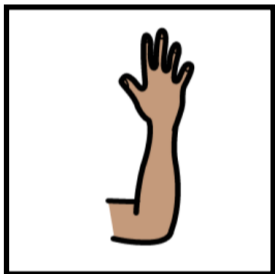
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Because our school is closed right now, I need to do some school work at home.



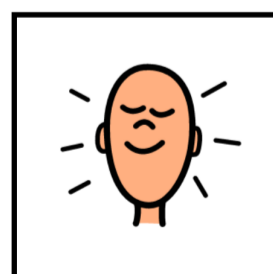
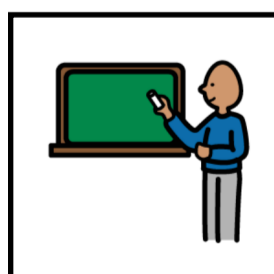
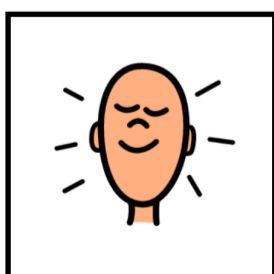
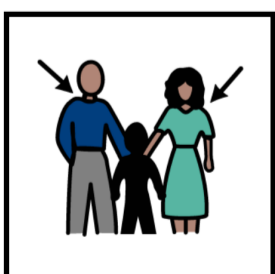
Mom or dad will give me work to do. I will try hard on this work.



If I have questions, I ask for help. If I need a break, I ask for a break. It is good to do school work at home so I can keep learning.



When I am done with my work, I will get some free time or play time.

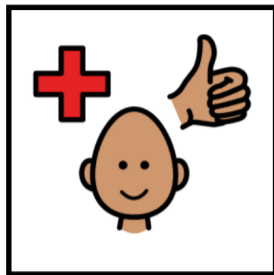


Mom and dad are proud of me when I do my work at home. My teacher will be happy, too!

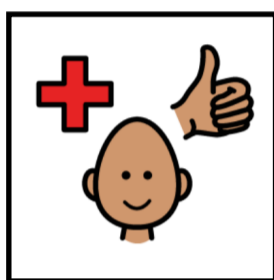
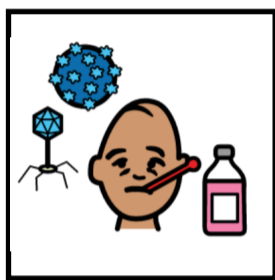
Washing Your Hands



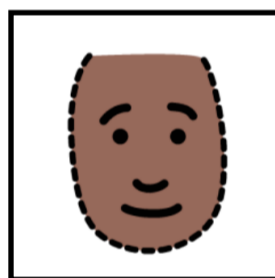
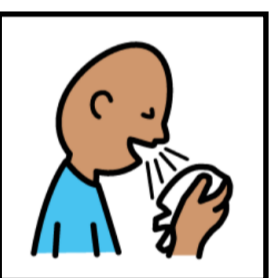
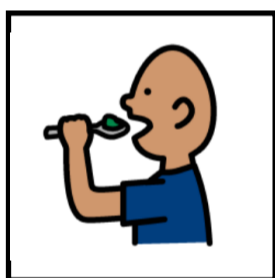
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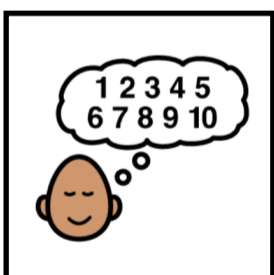
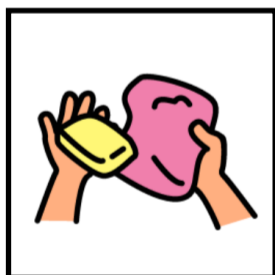
Washing our hands helps us stay healthy.



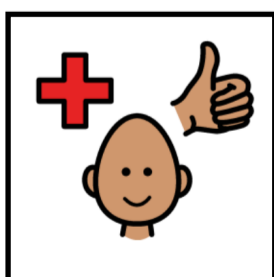
Coronavirus is making a lot of people sick. We can help stay healthy by washing our hands.



Before and after we eat, after we go the bathroom, after we sneeze, and before we touch our face we should wash our hands.



Use warm water and soap. Wash your hands for 20 seconds. I can count to 20 in my head.

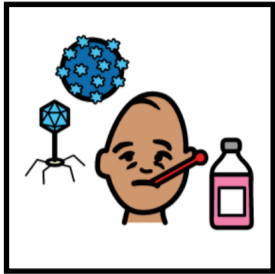


Washing your hands is an important part of staying healthy.

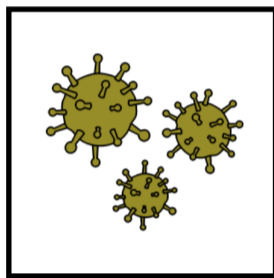
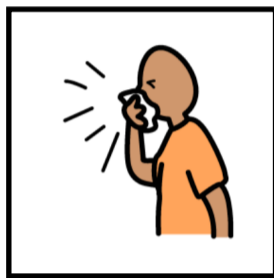
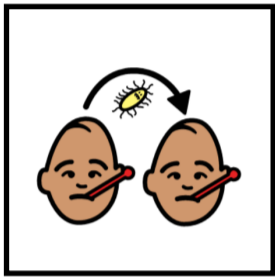
Coronavirus



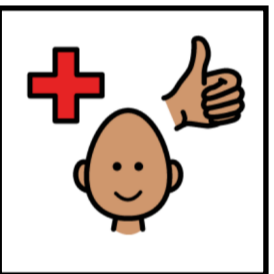
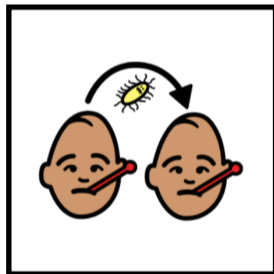
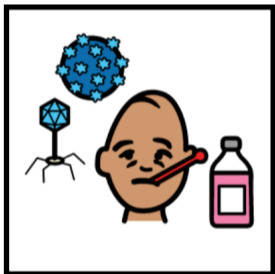
www.theautismhelper.com



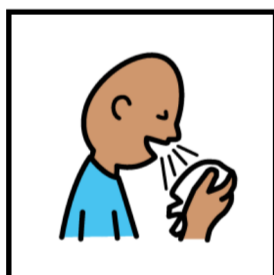
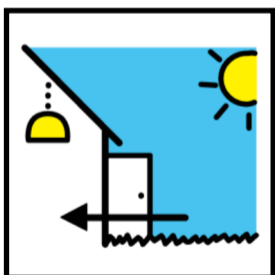
Coronavirus is an illness that makes people sick.



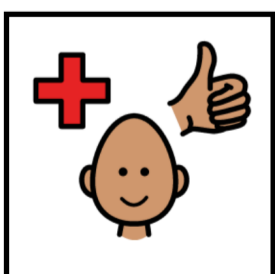
People get sick by being near other people who are sick. Germs spread through coughing or sneezing.



Coronavirus can spread quickly and make more people sick. But we know how to stay safe and healthy.



I can stay healthy by staying home with my family. I wash my hands and cover my mouth when I sneeze.

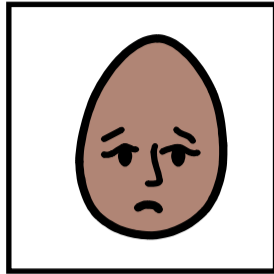


This will be over soon. Until then, I can keep doing things to stay healthy.

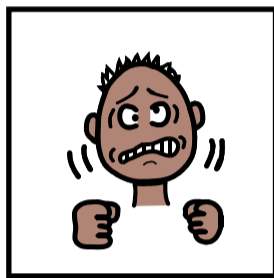
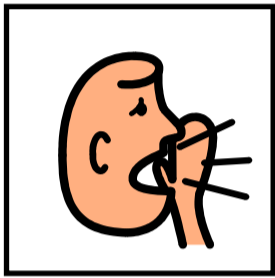
Loud Noises



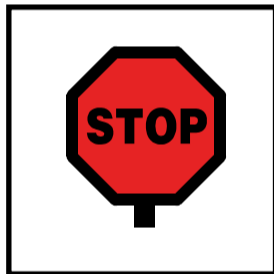
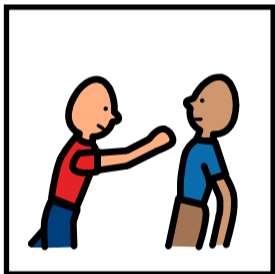
www.theautismhelper.com



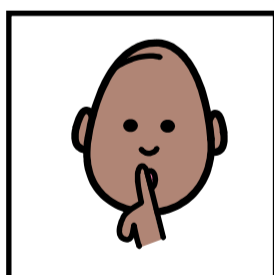
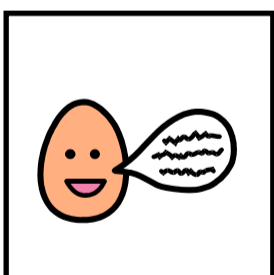
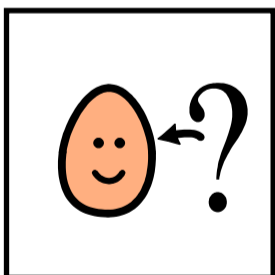
I hate to hear loud noises. It hurts my ears and my head.



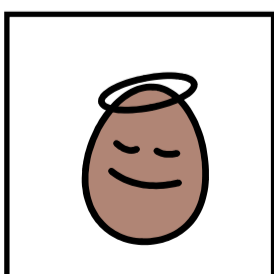
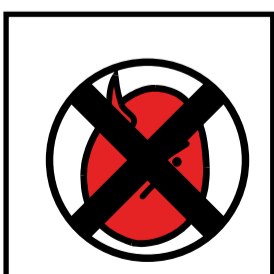
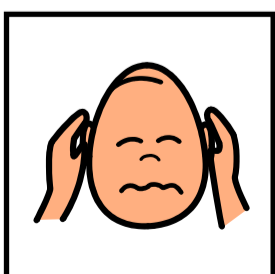
When people are loud, I get mad at them.



I want to hit them and yell at them to get them to stop.



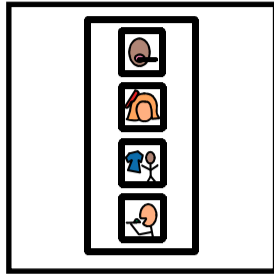
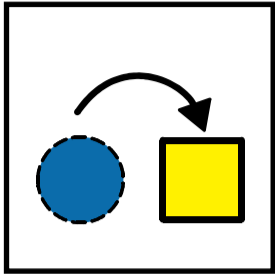
Instead, I need to use my words. I can ask them, "Can you please be quiet?" I can tell an adult to ask them to be quiet.



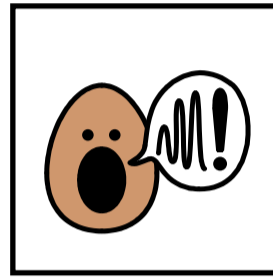
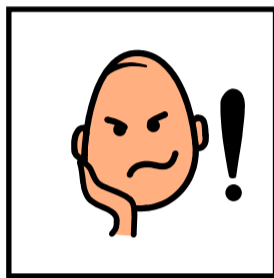
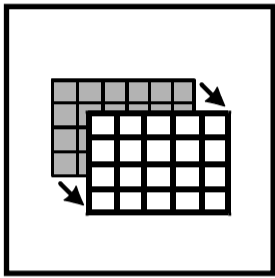
Sometimes loud noises happen. I will not make a bad choice. I will be respectful and ask nicely.

Changes are Okay

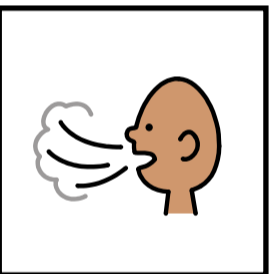
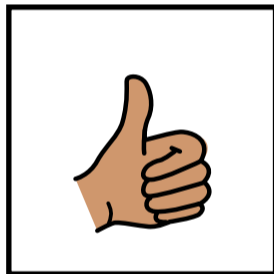
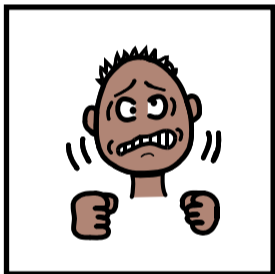
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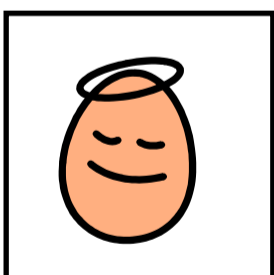
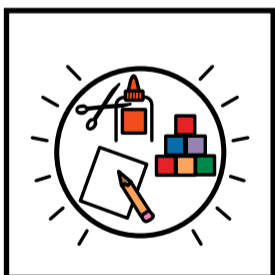
Sometimes there are changes to my schedule.



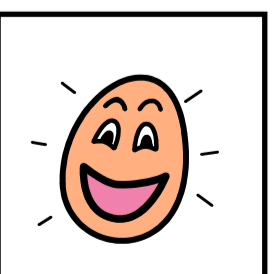
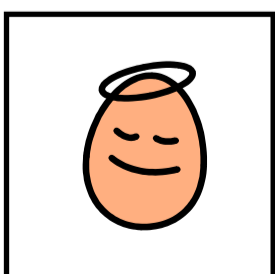
I don't like changes. When there are changes, I may get upset. I want to yell, say "NO", or run away.



Even though changes may make me feel frustrated, I can make a good choice. I take a deep breath. I can ask for help. I can take a break.



I do the change. It is okay. I am okay.

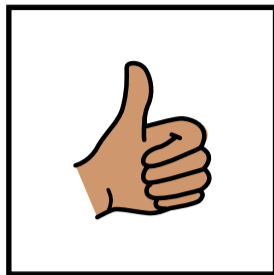
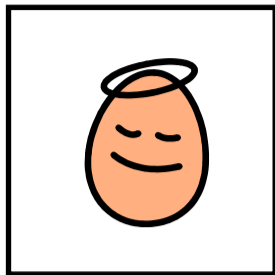


When I handle changes well, my teachers are happy. I am happy.

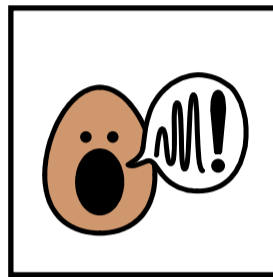
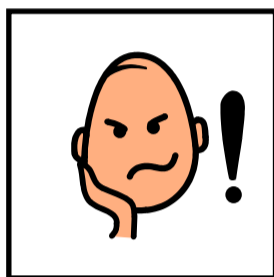
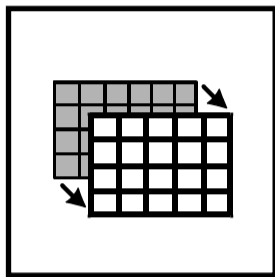
Making Good Choices



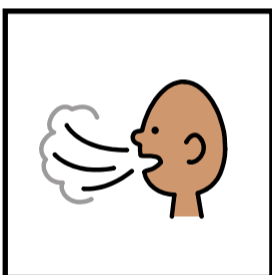
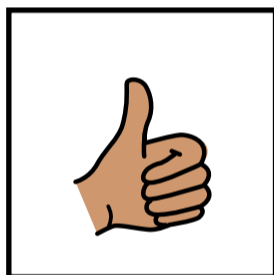
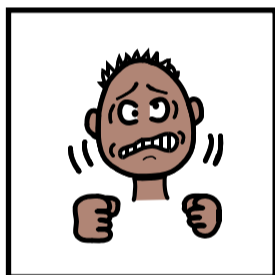
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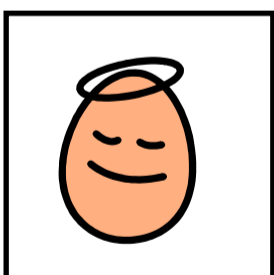
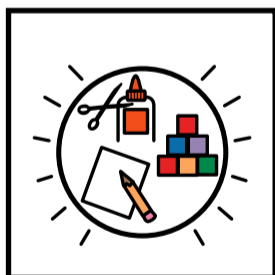
In school, we need to make good choices.



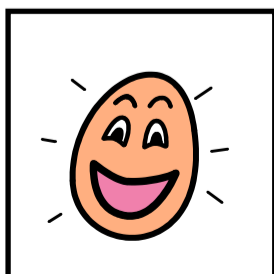
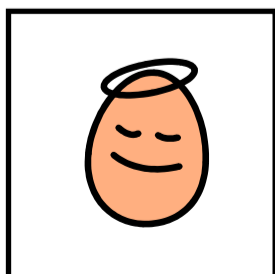
Some good choices I can make are following my schedule, doing my work, asking for helping, and waiting in line.



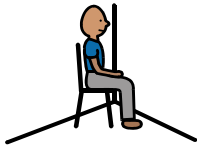
I should use my best voice. That means saying hi to my friends, asking for help, answering questions, and saying nice things.



Every day at school, I try hard to make good choices.

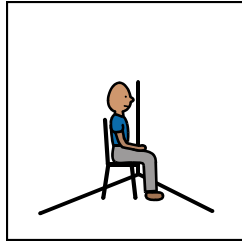


When I make good choices at school, my teachers are happy. I am happy.

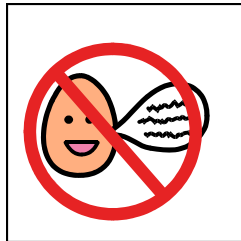


Time Out

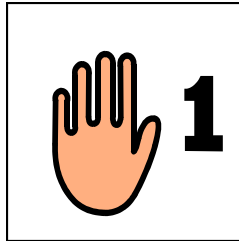
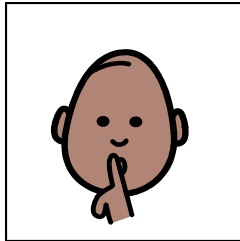
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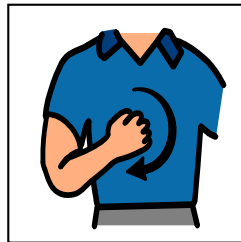
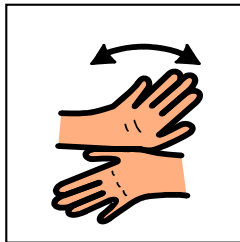
I had bad behavior and I got a time out.



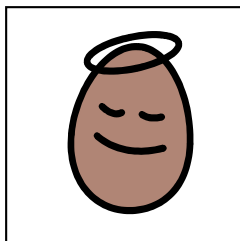
What should I do in a time out? I should not yell, talk, or run away.



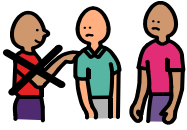
I will sit quietly and wait. I will not talk or ask when my time out is finished.



An adult will tell me when my time out is finished, I need to say sorry. I can leave time out now.

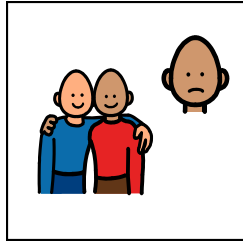
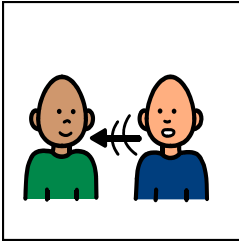


If I have good behavior in time out it will go fast. I need to keep having good behavior so I don't have another time out.

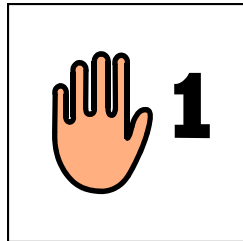
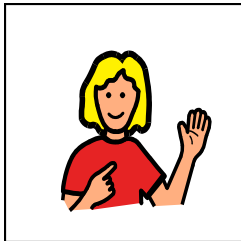


I Don't Interrupt

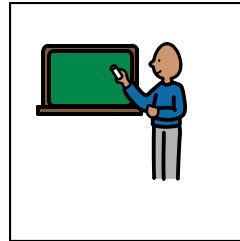
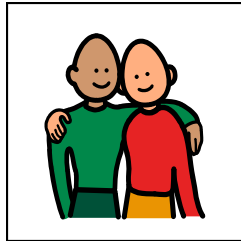
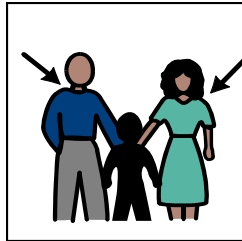
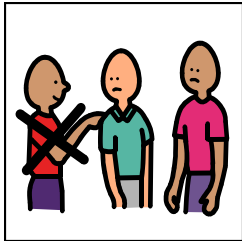
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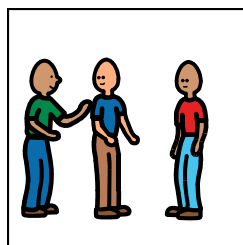
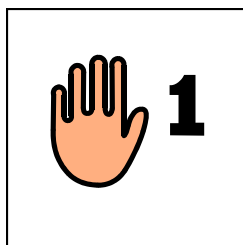
I see people I want to talk to who are talking to someone else.



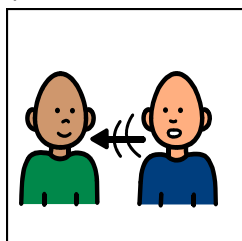
I want to start talking to them right away, I don't want to wait.



But it is rude to interrupt. I don't interrupt if my mom or dad are talking to someone, my friends are talking, or my teacher is busy.



Instead of just starting to talk and interrupt, I wait my turn. I can stand nearby. I wait until they are done. Then I say, "excuse me."

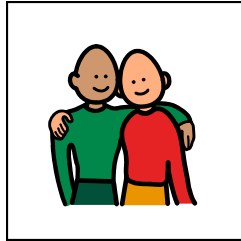
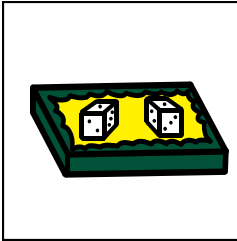


When I act respectfully, people will want to talk to me.

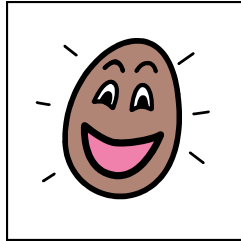
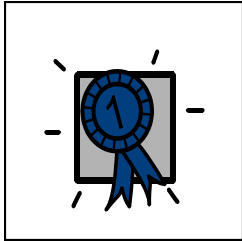


It's Okay Not to Win

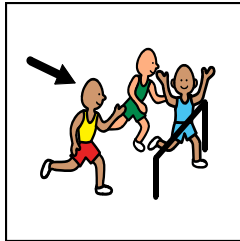
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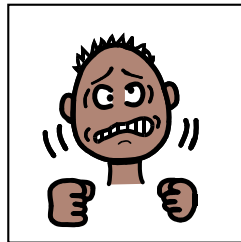
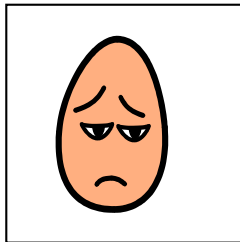
I like to play games with my friends.



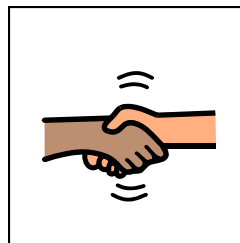
Sometimes I am the winner. I feel happy.



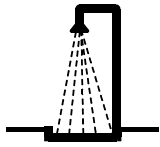
Sometimes I am not the winner. It is my friend's turn to win.



I might feel sad or frustrated. That's okay. I can say, "I'm bummed I did not win" or "Maybe next time I will win."



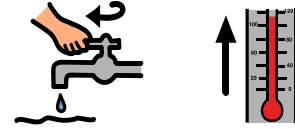
I don't cry, whine, or hit my friends. I say to my friend, "Nice job on winning."



Taking a Shower

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1. Turn on the shower. Turn the dial towards hot.



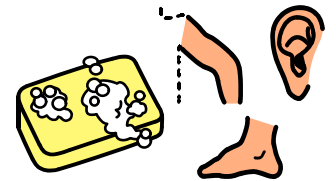
2. Let the water run for a minute. Put your hand under the water to test it. Make sure it's not too hot or too cold.



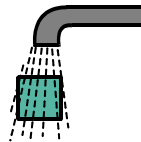
3. Get in the shower. Get your body wet.



4. First, wash your body. Pour soap in your hands. Rub soap all over your body. Clean your legs, arms, stomach, armpits, and private parts.



5. Rinse off all of the soap.



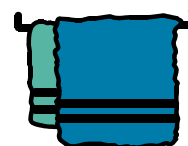
6. Next, shampoo your hair. Pour shampoo in your hands. Rub it all of your hair. Then, rinse all of the shampoo out of your hair.

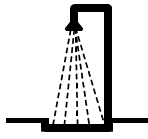


7. When you are all done showering, turn off the water.



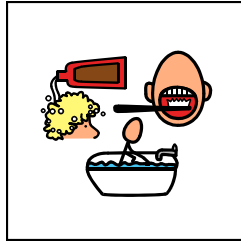
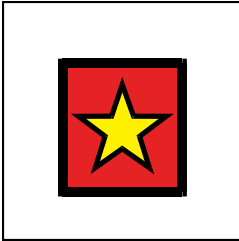
8. Get out of the shower and get a towel.
Dry off your whole body.



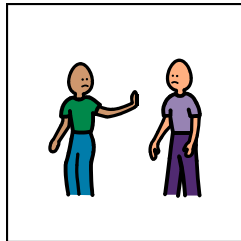
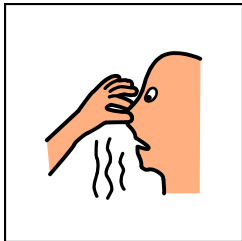


Taking a Shower

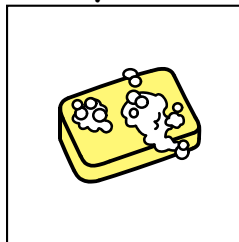
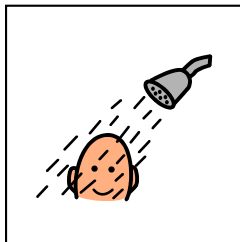
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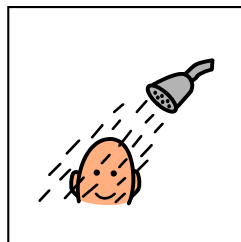
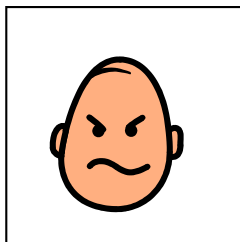
It is important to have good hygiene.



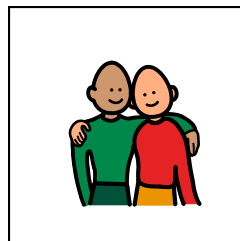
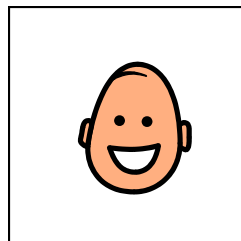
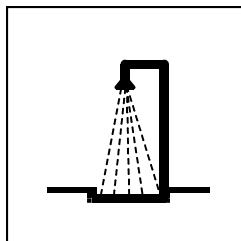
If you don't have good hygiene, you might smell bad and people might not want to be around you.



I make sure to take a shower every day. I use soap and get all clean!



Sometimes, I don't want to shower. But, I know I need to.



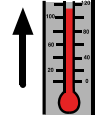
When I shower every day, I have good hygiene. I will stay healthy and people will want to be around me.



Washing Your Hands

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1. Turn on the water. Turn the dial towards hot.



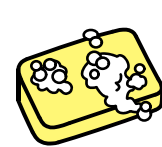
2. Let the water run for a minute. Put your hand under the water to test it. Make sure it's not too hot or too cold.



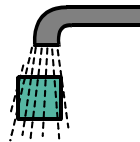
3. Pour soap on your hands.



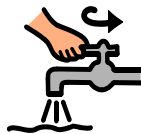
4. Rub your hands together. Get soap in between your fingers and on the top and bottom of your hands.



5. Rinse off all of the soap.



6. Turn off the water.



7. Get a towel. Dry off your hands.



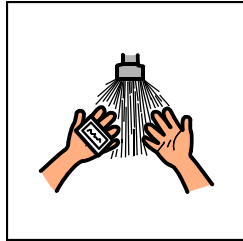
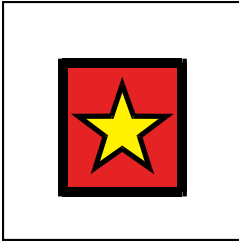
8. Throw the towel in the garbage.



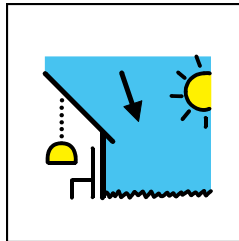
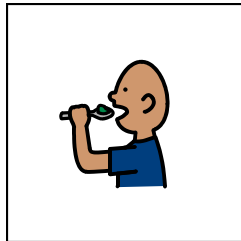
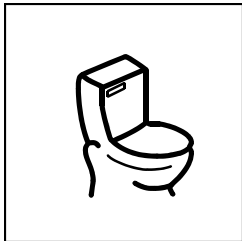


Washing Your Hands

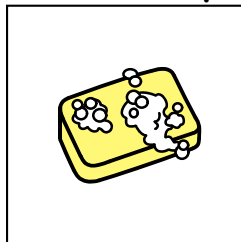
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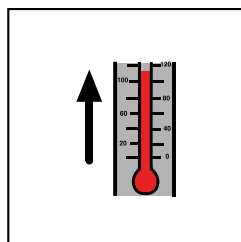
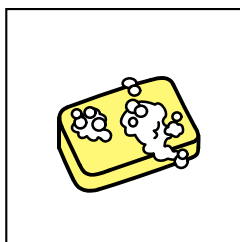
It is important to wash your hands.



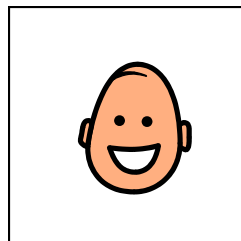
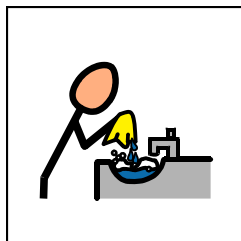
After I go to the bathroom, I wash my hands. I make sure to wash my hands before I eat or after I play outside.



If I don't wash my hands, I could get sick.



When I wash my hands, I use soap and hot water.

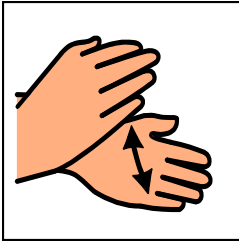


When I wash my hands, I will stay healthy!

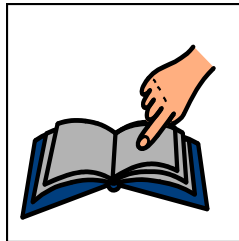
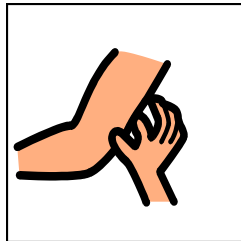
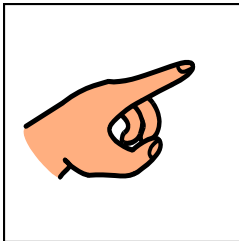


Hands to Yourself

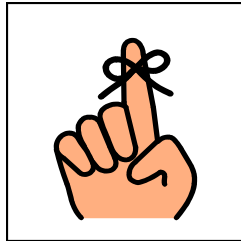
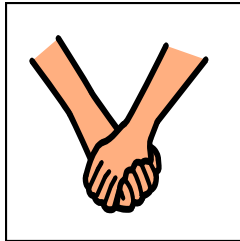
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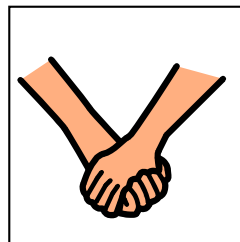
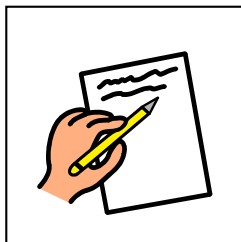
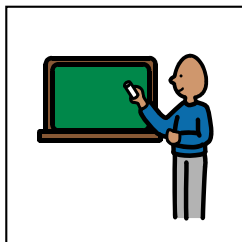
Sometimes I have trouble keeping my hands to myself.



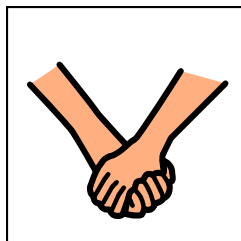
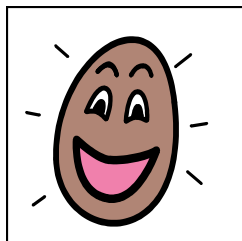
I poke my friends and touch things that are not mine.



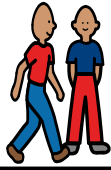
I need to remember to keep my hands to myself.



When I am working, I only touch my own paper and pencil. When I am listening to the teacher, I sit with nice hands.

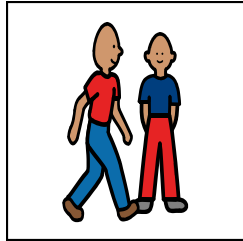
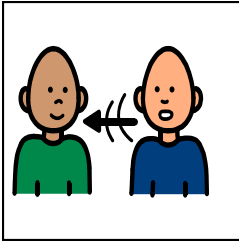


My friends and teacher are happy when I keep my hands to myself.

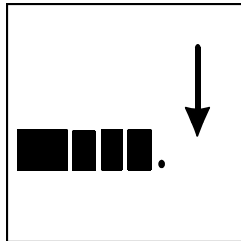
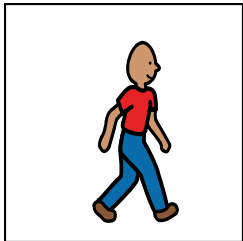


Personal Space

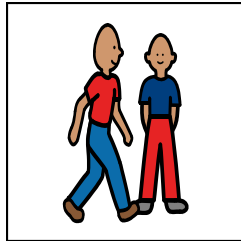
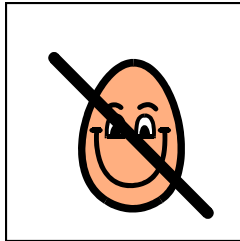
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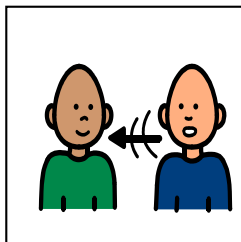
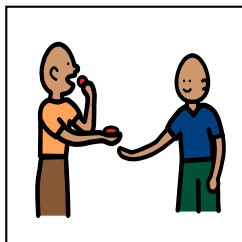
When I talk to other people, sometimes I stand too close.



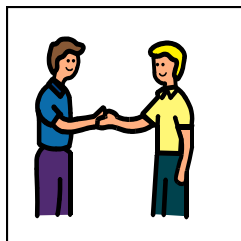
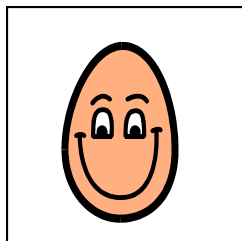
I need to remember to step back and leave some space.



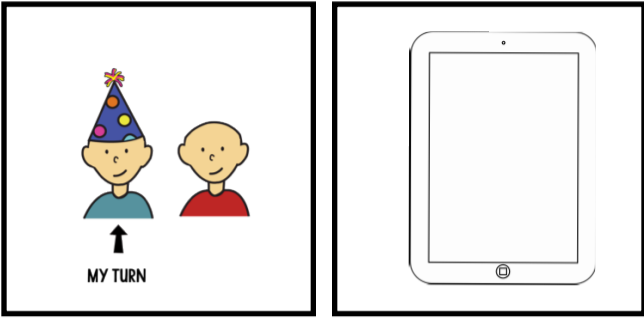
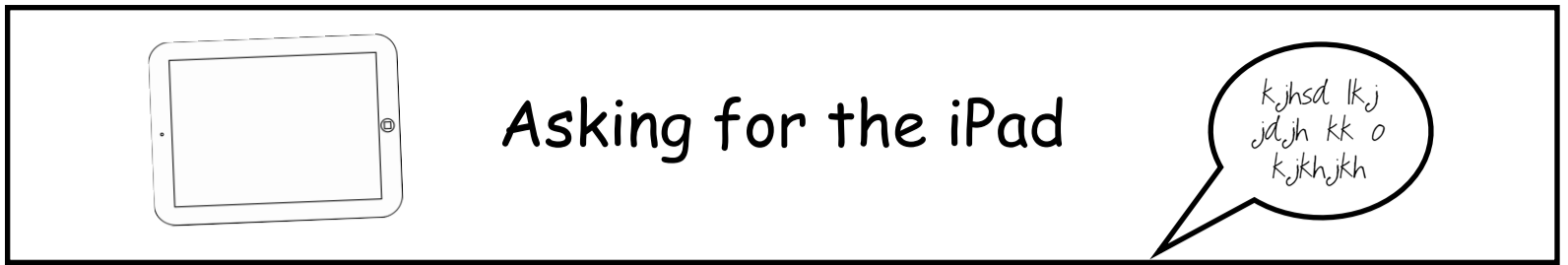
People don't like it when I stand too close.



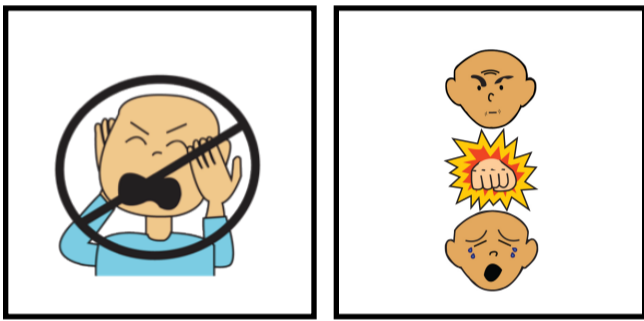
It's not polite to stand too close. It's polite to respect other's personal space. I leave an arm's length between people when we talk.



I like being respectful. People like talking to me when I respect their personal space.



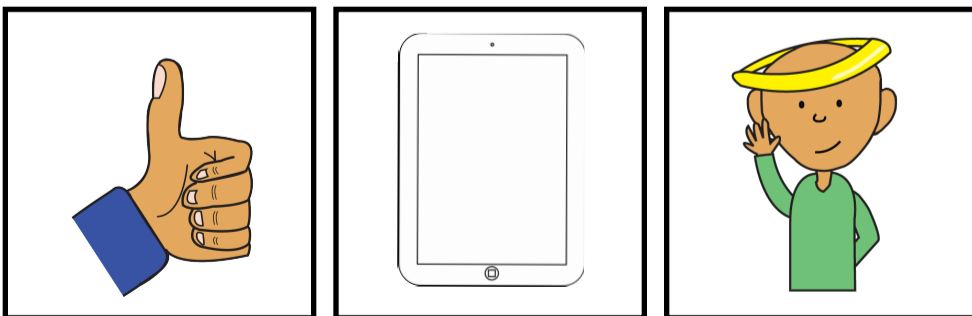
I like having a turn on the iPad.



If I want to play with the iPad, I do not whine, grab the iPad, or yell.

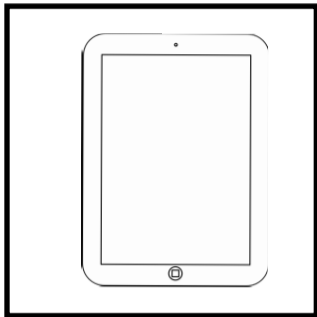
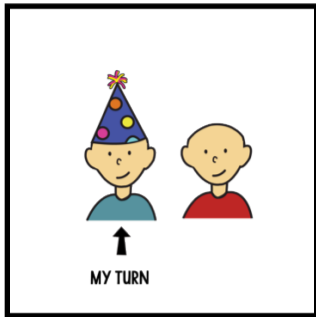
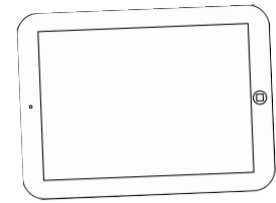


I can tap my teacher on the shoulder or raise my hand and ask, "Can I play on the iPad, please?"

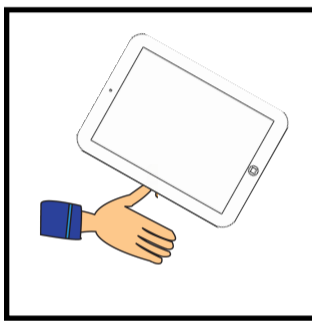
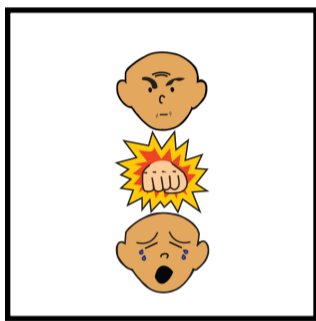
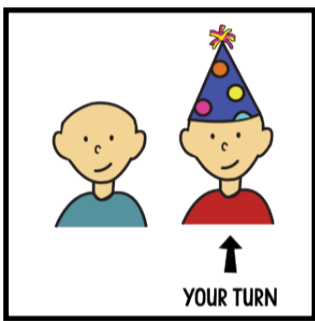


When I ask nicely for the iPad, my teacher will let me play. I have good behavior and my teacher is happy.

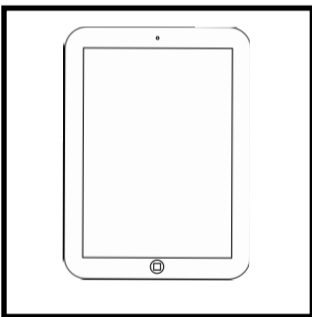
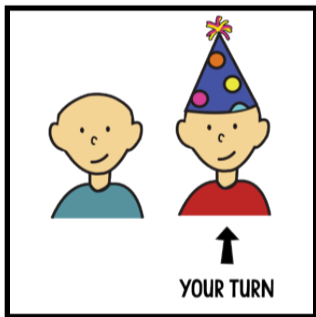
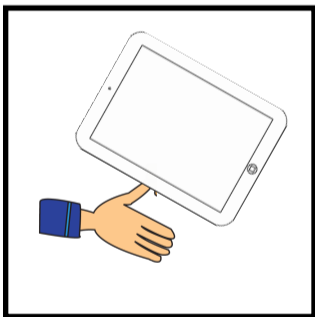
Taking Turns on the iPad



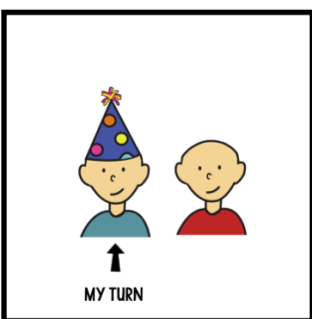
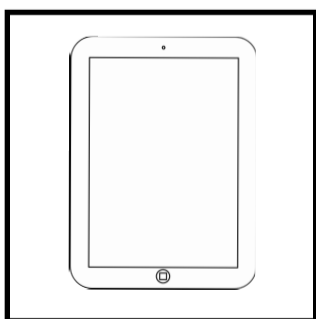
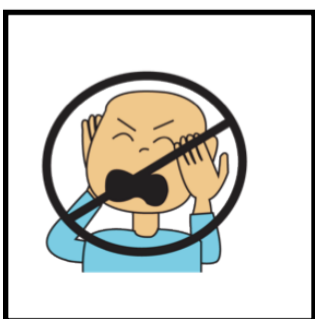
I love having a turn on the iPad. When it is my turn, I feel happy.



When my turn is over, I feel mad. I don't want to give the iPad to someone else.



I need to give the iPad to my friend. My turn is over. I will have another turn soon.



I pass the iPad over nicely. I do not complain or yell. I will have another turn soon.